

Updated 8/28/2023

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EDUCATION

2020	M.S. in Nutrition, University of Utah, Salt Lake City, UT
2017	B.S. in Dietetics, Nutrition, and Food Science, Minor in Psychological Sciences, University of Vermont, Burlington, VT

LICENSES & CERTIFICATIONS

2023	Certified Intuitive Eating Counselor, The Original Intuitive Eating Pros
2020	Registered Dietitian Nutritionist, Commission on Dietetic Registration (#86151938)
2020	Certified Dietitian, State of Utah (#11820757-4901)

PROFESSIONAL EXPERIENCE

2021-present	Instructor and Program Manager, University of Utah, Department of Nutrition and Integrated Physiology, College of Health
2020-2021	Clinical Dietitian, LDS Hospital, Intermountain Healthcare

PUBLICATIONS

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1. Herrmann, T., Preib, E., **French, M.**, Beckstrom, J., Nazarenko, E., Lackner, R., Marchland, W., Yabko, B. Veterans' experiences with mindfulness-based eating: A mixed methods study on MB-SAVOR. *Contemporary Therapies in Clinical Practice* (2022) Volume 47, 101548. <https://doi.org/10.1016/j.ctcp.2022.101548>.

ABSTRACT PUBLICATIONS

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1. Journey to Health: an experiential nutrition pilot program for Utahns living in underserved communities. **French, M.**, Jordan, K, Loverin, A, Hernandez, A, Jones, S, Thorpe, A, Metos, J. *Journal of Integrative and Complementary Medicine*, Volume: 29 Issue 2, A-20, February 8, 2023.

AWARDED GRANTS AND FUNDING SUPPORT

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1. 2023. Creating a Community Based Culinary Medicine Curriculum with the Latino Community. University of Utah Teaching Grant, University Teaching Committee. \$6,600.
 2. 2023. Jones, S, **French, M.**, Loverin, A. Utah Center for Community Nutrition: Dietary Biometric Instrument. Research Instrumentation Fund. Vice President for Research. University of Utah. \$27,500.
 3. 2022. Dairy World Tour Nutrition Education Grant. Dairy West. \$500.

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Journey to health: an experiential nutrition pilot program for Utahns living in underserved communities. Madeleine French, Kristine Jordan, Amy Loverin, Alex Hernandez, Shannon Jones, Alistair Thorpe, Julie Metos. *Journal of Integrative and Complementary Medicine*, Volume: 29 Issue 2, A-20, February 8, 2023 and poster presentation at the 2022 Teaching Kitchen Research Conference, October 2022.

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INVITED LECTURES

1. How to Eat and Maintain a Healthy Relationship with Food in College, Discover-U, December 2022
2. Intuitive Eating, Applied in the Field of Dietetics, Clinical Assessment, November 2022
3. *What Utah Youth Learn About Nutrition: From Classroom to Cafeteria*, Food is Medicine Conference, September 24 2022, Salt Lake City, UT
4. *A New Way to Teach Diabetes*, SHAPE Utah Conference, June 8 2022, Bountiful, UT
5. European Culinary Traditions, Cultural Aspects of Food, March 2021
6. Navigating Food and Eating in College, Block-U, September 2021

RESEARCH POSTER PRESENTATIONS

1. *When Nutrition Meets Public Health: The Journey to Health Nutrition Education Program*. Utah Public Health Association Annual Conference, Salt Lake City, UT. April 2023.
2. *Journey to Health: A Nutrition Pilot Program for Utahns Living in Underserved Communities*. Teaching Kitchen Research Conference, Los Angeles, CA. October 2022.
3. *Journey to Health: An Experiential Pilot Program for Utahans Living in Underserved Communities*. Diabetes Metabolism and Research Conference, Salt Lake City, UT. September 2022.
4. *Team Thrive Improves Health Behaviors in Students and Teachers by Promoting Nutrition Education and Innovative Teaching Techniques*. Diabetes Metabolism and Research Conference, Salt Lake City, UT. September 2022.
5. *The Embrace Project: Supporting the Health and Wellbeing of Pacific Islander and Other Minority Women along Utah's Wasatch Front*. Utah Academy of Nutrition and Dietetics Annual Conference, Layton, UT. April 2022.
6. *Journey to Health: An Experiential Nutrition Program for Utahns Living in Underserved Communities*. Utah Academy of Nutrition and Dietetics Annual Conference, Layton, UT. April 2022.
7. *Team Thrive: a Novel, Behavior-Based Diabetes Prevention Program for High School Students*. Utah Academy of Nutrition and Dietetics Annual Conference, Layton, UT. April 2022.
8. *Journey to Health: Improving Food Access and Nutrition through a Mobile Collaboration*. Diabetes and Metabolism Research Conference, Salt Lake City, UT. September 2021.

STUDENTS MENTORED

Focused Area of Study Committee Chair

2022-2023 Steffany Coates, Lilian Ashby
Title: Journey to Health FAS

Focused Area of Study Committee Member

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2021-2023 Heather Oldach, Paige Martinez, Sarah Puig
Title: Department of Health Food Pantry Project

Dietetic Intern Preceptor

2023 Hannah Stoker, Steffany Coates, Paige Cocker
2022 Sophie Hochhauser
2021 Rachel Brenman, Morgan Cannon

SERVICE

Department

2022-present Department of Nutrition and Integrated Physiology's Equity, Diversity, and Inclusion Committee, community lead

University

2022-present Women's Leadership Day Planning Committee, member
2021-present Action for Healthy Kids Coalition, secretary

MEDIA COVERAGE

2023 "Milk Alternatives," University of Utah Health, Instagram
2023 "Grocery Store Swap," University of Utah Health, TikTok
2022 Feature in Utah Public Health Association "People in Public Health" Social Media Campaign, Instagram
2022 "This Utah Chef Wants to Change How You Think About Mexican Food," Salt Lake Tribune article
2022 Good Things Utah, KSL News Interview
2021 Good Things Utah, KSL News interview
2021 Driving Out Diabetes, Diabetes and You, Live Donor Event

PROFESSIONAL AFFILIATIONS

2022-present Intuitive Eating Professionals, member
2021-present Diversify Dietetics, member
2017-present Academy of Nutrition and Dietetics, member

AWARDS AND HONORS

2023 Anita Owens Award of Recognition for Innovative Nutrition Education Programs for the Public, Academy of Nutrition and Dietetics Foundation
2022 Utah Academy of Nutrition and Dietetics Annual Conference Outstanding Abstract
2018 Haggen Scholarship, University of Utah, Department of Nutrition and Integrative Physiology
2017 Angus T. Powell Award, University of Vermont Department of Dietetics, Nutrition, and Food Sciences